

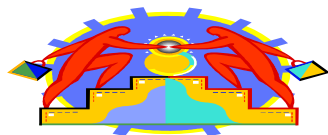


KIMBALL SENIOR CENTER

1221 "D" AVENUE, NATIONAL CITY, CA 91950 * (619) 336-6760

PURPOSE OF THE CLUB:

To develop friendships among its members and to enrich the cultural and social life of all senior citizens in the community of National City in conjunction with the Community Services Department schedule of the Senior Citizen Programs.



MAY/JUNE 2014

Mayo/Junio

KIMBALL SENIOR CENTER HOURS OF OPERATION

Monday & Thursday 9:30 A.M.—4:30 P.M.

Tuesday & Wednesday 9:30 A.M.—1:30 P.M.



MONDAY, MAY 26TH

NATIONAL CITY COUNCIL MEMBERS:

MAYOR:

RON MORRISON

VICE-MAYOR:

LUIS "LOUIE" NATIVIDAD

COUNCILMEMBER:

MONA RIOS

COUNCILMEMBER:

ALEJANDRA SOTELO-SOLIS

COUNCILMEMBER:

JERRY CANO

KIMBALL SENIOR CLUB

OFFICERS 2013-2014 :



PRESIDENT: MARY ROSE ESCOBEDO

VICE PRESIDENT: JOAN O'HARA

TREASURER: MARIA LOPEZ

SECRETARY: EVA CALIGAGAN

MEMBERSHIP CHAIRMAN: RITA LOPEZ

SENIOR CENTER STAFF:

COORDINATOR: MARIA ELENA WRIGHT

RECREATION STAFF:

ANITA HERNANDEZ

LOUIS HERNANDEZ

IRMA BACALLAO

MERCY MIANA

MICHELLE YOUNG

Upcoming Membership Meetings

Upcoming Kimball Seniors Club membership meetings will take place on **Monday, May 5th and Monday, June 2nd at 1:00pm**. The club board officers will also hold their board meetings on these two days at 11am. The Kimball Seniors Club annual board officers elections will be held from 10am-1:00pm on Monday, June 2nd. Come exercise your club voting option. A dessert will be provided for all members in attendance immediately following the meetings.

Las reuniones próximas de la membresía del Kimball Seniors Club se llevarán a cabo el lunes, 5 de mayo y el lunes 2 de junio a la una de la tarde. Las elecciones de oficiales del Club de Kimball se llevarán a cabo el día 2 de junio de 10:00am-1:00pm.

Upcoming Dances in May & June

Join us for the upcoming monthly dances during the months of May and June. The **MAY FLOWERS** Dance will take place on **Monday, May 12th** with music by RIKACHA. Come dressed in your floral attire.

Our June **GRADUATION** Themed Dance will be on

Monday, June 9th with music by RIKACHA. Come dressed in your graduation themed costumes or outfits. In June we will have one extra dance on the fifth Monday, June 30th with music by LUPILLO. All three dances will be from 1:00pm-3:00pm. Tamales will be sold starting at 11am until they run out. Refreshments will be served at the **MAY FLOWERS** and **GRADUATION** Dances to celebrate members with birthdays during those months. No pastries will be served on the June 30th dance, only coffee and punch will be served.



***BYLAW TIDBITS ***
Did you know???????



BYLAWS- ARTICLE III
MEMBERS—SECTION II

“THE DUES OF THIS CLUB ARE ESTABLISHED AT TWELVE DOLLARS (\$12.00) PER ANNUM. PAID IN ADVANCE, ON A FISCAL BASIS, BEGINNING JULY 1ST OF EACH YEAR. DUES MAY BE CHANGED BY A VOTE OF THE EXECUTIVE BOARD AND GENERAL MEMBERSHIP AS CIRCUMSTANCES REQUIRE.”



SUNSHINE LADY

Please let our office know when you know of a club member who is ill, in the hospital, or is going through a difficult time. We need your help to be informed of these circumstances.

Our office staff will gladly notify our Sunshine Lady, Hope Ferris, so she can send a card. Our office number is 619-336-6760.



Por favor llame a nuestra oficina para informarnos cuando usted sabe que un miembro del club está enfermo, en el hospital, o pasando por un momento difícil. Si usted nos informa, el Club podrá enviar una tarjeta al miembro. Nuestro personal de Oficina notificará a nuestra voluntaria, Hope Ferris, así que ella puede enviar una tarjeta.

El número de la Oficina de es 619-336-6760.



S.D. FOOD BANK SENIOR COMMODITY DAY

4TH THURSDAY EVERY MONTH FROM 9AM-11AM

HERE AT KIMBALL SENIOR CENTER.



ASISTENCIA DE COMIDA PARA PERSONAS DE BAJO INGRESO Y DE LA TERCERA EDAD:

4º JUEVES DE CADA MES DE 9AM A 11AM

In May and June, the San Diego Food Bank will be here on the following Thursdays :

MAY 22nd & JUNE 26th

*** * * * ***

El Food Bank de San Diego estara aqui :

Jueves 22 de Mayo

Jueves 26 de Junio

“Enhancing the quality of life through people, parks, and programs.”



FREE LEGAL SERVICES FOR SENIORS

ELDER LAW AND ADVOCACY provides free legal services to seniors over the age of 60 in San Diego county. Attorneys provide legal services in the areas of consumer law, landlord/tenant law, wills and estate planning, powers of attorney, advance health care directives, and other areas. An Attorney is available to meet with seniors here at Kimball Senior Center once a month. **You must first make an appointment by calling (858) 565-1392.** Request that *they give you an appointment at Kimball Senior Center* or any other location close to you. We generally have appointments **on the second Thursday of every month.** Appointments required.

Senior Legal Services ofrece servicios legales gratuitos a los residentes de San Diego más de 60 años en servicios legales como derecho de propietario/inquilino, testamentos y poderes, y otras áreas. Un abogado está disponible para citas aquí en Kimball una vez al mes.

Primero debe hacer una cita llamando al (858) 565 1392. Solicite que le den una cita en Kimball Senior Center o cualquier otro lugar cerca de usted. Generalmente tenemos citas el segundo jueves de cada mes. Citas necesarias.



PROJECT CARE ARE YOU OKAY?



Our computer will call you everyday , at the time you choose, to see if you are all right. If you don't answer, our staff or a volunteer will call you to see why you didn't answer the telephone call. If again you don't answer we will call your two emergency contacts. If your contact person can't tell us where you are , we will call the National City Police Department to check on your welfare. This will assist us in helping you if you have fallen or have hurt yourself.

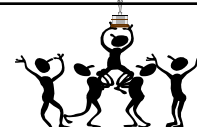
IF YOU KNOW SOMEONE WHO CAN BENEFIT FROM THIS SERVICE, HAVE THEM CALL OUR OFFICE TO SIGN UP !

VIAL OF LIFE: A plastic folder with a magnet on the back is available for you to attach on your refrigerator. Inside the folder you would insert a list of medicines you take, a list of any physical problems you may have and any other pertinent medical information. The Vial of Life program enables emergency responders, such as firefighters, paramedics, etc. to respond quickly to an emergency situation by accessing your medical history.

The Vial of Life **SAVES LIVES.**

SPECIAL VOLUNTEERS

Voluntarios Extraordinarios



BINGO CALLERS:

Rita Lopez , Mary Rose Escobedo & Louis Hernandez

50/50 Raffle & Raffles:

Eva Caligagan, Joan O'Hara, Rita Lopez, Elsie Short & English Class Students

BIRTHDAY CAKE CUTTING/SERVING:

Joan O'Hara , Dolores Lopez , Bertha Mapes, Jennifer Springfield & Shirley Dorscher

PLEDGE OF ALLEGIANCE:

Club Member

SENIORS HELPING SENIORS

Rita Lopez & Diana Longoria

SUNSHINE LADY:

Hope Ferris

DECORATIONS:

Maria Lopez, Marta Aramburo, Elsie Short & Oralia Zamudio

KNITTING GROUP

Eva Caligagan & Aurora Nava

ENGLISH CLASS:

Eva Caligagan/Rose Robles

TAMALE SALE:

Rita Lopez & Diana Longoria

BUNKO

Eva Caligagan, Gina Wells & Rita Lopez

****Senior Club Prices (Precios)****

Ice Cream Sundaes \$1.00
Banana Splits \$1.50
Nachos \$1.50
Tostadas \$1.50
Tamales \$1.50
Raffles: (3) Three tickets for \$1.00
50/25/25 Drawings: 3) Three tickets for \$1.00
Dances : Members \$1.25/Guests \$3.00
Birthday & Anniversary -Free
Catered Luncheons/Dinners -
Members \$5.00/Non Members \$10.00
Potlucks: All Members & Guests MUST BRING a Dish.
Bingo Cards: 4 cards for \$1.00

BIRTHDAYS/CUMPLEAÑOS

MAY/MAYO

EDWINA ALLEN SONNY HEBERT
 MAXIMA ALVAREZ BOBB GLENN
 MIGUEL JIMENES LORETO CARRILLO
 LUZ CAÑEDO LUPITA GARCIA
 LUPITA HERRERA FELIPE SALAZAR
 MARIA LOPEZ GENI VEGA
 MARIA ORRANTIA
 CAMERINA PEREZ
 CELIA RODRIGUEZ
 LULUBELLE SMITH
 MARIA ZATARAIN
 ANTONIO BALVANEDA
 RITA DOMINGUEZ



JUNE/JUNIO

ZENAIDA ARRIZON CONNIE RUFFIER
 ANA J. ROMO
 JUNE CALLAHAN CARMEN ORNELAS
 CLAUDETTE HOLT OSCAR MICHEL
 KAZUKO "KAY" HELLER JOSEPH BRUGLIO
 ISABEL VILLA
 MARCELA MEZA PAUL JIMENEZ
 MANUEL PEREZ PABLO GARCIA
 JULIA PECKTOL
 PHYLLIS PARRA



GAME DAY & WHITE

ELEPHANT SALE DÍA DE JUEGOS Y VENTA DE ELEFANTE



THE NEXT UPCOMING

White Elephant Mondays

JUNE 23RD

From 11am— 2pm

Kimball's Monthly White Elephant Sale is always in need of donations of items in good condition. El Club siempre necesita donaciones de artículos en buen estado.



RECENT

NEW MEMBERS / NUEVOS MIEMBROS

INVITE A
FRIEND OR
TWO TO CHECK
US OUT.

OUR NEXT
MEMBERSHIP
YEAR BEGINS
JULY 1ST!



SENIOR CLUB ACTIVITIES/ACTIVIDADES:

*Knitting Group Mondays & Thursdays
Grupo de Tejer- Cada lunes y jueves : 10 a.m.*

Come share, learn and teach
knitting techniques.
Venga a compartir, aprender y enseñar
técnicas de tejido.

D & D Card Players:
Thursdays
1:00-4:00pm
In the Club Library.

Canasta Card Players Group
Grupo de Jugadores de Canasta :
Thursdays 1-4pm

Seven-Up Card Players:
Every Thursday
1:00-4:00pm

Billiard Buddies / Amigos de Billar::
Any day or time during business hours!
Cualquier día durante nuestro horario!

Basic English Class

Clase de inglés básico
Every Monday & Wednesday

Cada el lunes y el miércoles:: 10 a.m.

Bunko Players Group /
Grupo de Jugadores Bunko

Thursdays & Last Monday
of every month
Jueves y último lunes de cada mes
10am-12:30pm

Feeling Fit Exercise Class :

Tuesday & Thursday
9am-10am

Monthly Senior Dances / Bailes mensuales:

2nd Monday of Every Month

(segundo lunes de cada mes) 1:00-3:00 pm.

**Date may change depending on holidays or closures.

**La Rondalla Singing Group/
Grupo de Canto**

Tuesdays 12pm-2:30pm
Come reminisce and sing songs from
yester-years!
Venga recordar y cantar
canciones del pasado!

Puzzle Partners / Rompecabezas :

Help construct a 1000 piece puzzle
in our puzzle corner located in our sofa area.

Ayudar a construir un rompecabezas
de 1000 piezas en el sitio ubicado en
nuestra área de sofá.



Important

When writing a check to the Seniors Club at Kimball please make the check out to the "NATIONAL CITY SENIORS CLUB"

Thank you for your cooperation!

Al escribir un cheque al Club por favor haga el cheque a "NATIONAL CITY SENIORS CLUB"

Gracias por su cooperación!

**Membership Attendance Drawing Winners
(Ganador(a) de la Rifa de Participación):
March: ANA GONZALEZ**

April : GEORGIA GUARANO

We encourage all our members to attend our membership meetings on the first Monday of every month. Those in attendance at the membership meetings can participate in our monthly *Membership Attendance Drawing* for a chance to win \$10! Only members of the Kimball Seniors Club in good standing will be allowed to participate in the drawing. You must be present at the start of the meeting and put in your name prior to 1:15 pm in order for a chance to win. *You must be present to win.*

***IT PAYS TO PARTICIPATE,
IT REALLY DOES JUST ASK
ANA GONZALEZ & GEORGIA GUARANO !!***

Animamos a todos nuestros miembros a asistir a nuestras juntas mensuales en el primer lunes de cada mes. Los asistentes a la junta pueden participar en nuestro sorteo mensual para una oportunidad de ganar \$10! Sólo miembros del Club podrán participar en el sorteo. Debe estar presente en el inicio de la junta y poner su nombre antes de las 1:15 para que gane. Usted debe estar presente para ganar.

***VALE LA PENA PARTICIPAR,
REALMENTE!
PREGÚNTALE A LOS GANADORAS !***

***For All Transactions at the Club,
Please Bring Exact Change.***



***Para todas las transacciones en el Club,
Favor de traer el cambio exacto.***

Upcoming Potluck Days



***Sign up to attend our next Potluck Events on JUNE 16th.
Please remember that every member who attends brings a dish to share
with at least (6) six people.***

***Sign up for these events starting on the day of our
Monthly Membership Meetings.***

"They are able who think they are able. " - Virgil

MAY LUNCH OUTING TO
"MIMI'S CAFÉ"



WEDNESDAY, MAY 21ST

DEPART KIMBALL AT 11:30A.M.

Sign Up starting Monday, May 5th after our
monthly membership meeting.

Only seventeen spaces are available on the bus.

JUNE LUNCH OUTING TO
"PHIL'S BARBECUE"



WEDNESDAY, JUNE 11TH

DEPART KIMBALL AT 11:30 A.M.

Sign up starting Monday, June 2nd after our
monthly membership meeting. Only seventeen
spaces are available on the bus.

**UPCOMING
OUT TO LUNCH TRIPS:**

2013 Scheduled Restaurants:

July 2014- San Diego County Fair

August 2014 -Filippi's Grotto

September 2014 - Seaport Village

October 2014- La Torta (La Mesa)



"Seniors Helping Seniors"



The Kimball Seniors Club is organizing
Spring Care Packages to benefit local
seniors. Our goal is to distribute
care packages sometime in the month of
June to a nursing facility. See the list of
items in this newsletter that we need to
make this event happen.



Game Day Thursdays!

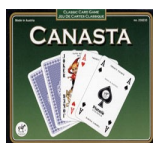
Wii game system



Card Games



Canasta Games



Bunko Games



Tonk Games



Big Screen TV Movies



Ping Pong



"BUNKO THURSDAYS @ KIMBALL SENIOR CENTER"



Join us every Thursday from 10am-12:30pm for Bunko Fun!

Grandma is
my name
BUNKO
is my game!

Upcoming BILLIARDS CONTEST

Sign Ups Today!

CONTEST DATE :
Monday, June 23, 2014
2:00-4:00pm

****Voucher Prizes****

Minimum Requirements for Contest Teams:

- *Up to Six Teams Maximum
- *Two -Person Teams
- *One Person on the team must be a member of Kimball Seniors club
- *Rules must be followed.



Kimball Senior Center's

"LA RONDALLA SINGING GROUP"



La Rondalla is a group of senior citizens who get together once a week to sing mostly Mexican songs , although we do know and sing some songs in English. We have three guitarists. We are always looking for new members who can play an instrument or who just love to sing. La Rondalla es un grupo de personas de la tercera edad que nos juntamos una vez por semana para cantar. Cantamos canciones mexicanas y algunas en ingles. Tenemos tres guitarristas. Siempre buscamos nuevos miembros que tocan un instrumento or que nomas les encanta cantar.



Tuesdays/Martes from 12:00pm-2:30 pm



Kimball Seniors Club

May/Mayo 2014



SUNDAY DOMINGO	MONDAY/ LUNES	TUESDAY/ MARTES	WEDNESDAY/ MIERCOLES	THURSDAY/ JUEVES	FRIDAY/ VIERNES	SATURDAY/ SABADO
				1 FREE Feeling Fit Class 9am Cards, Billiards, Ping Pong & Puzzles Day 10 am-4:30 pm Bunko Game@10am	2 Ballroom Dance Class 1pm Center Closed	3 Center Closed/ Cerrado
4 Mothers/Fathers Luncheon Tickets On sale Today! Come Early to hear our special presentations starting at 12:15pm	5 Knitting Group@1030am English Class 10am Membership Meeting 1pm. Dessert for all members present at the meeting! Bingo after our meeting. Mothers/Fathers Luncheon Tickets On sale Today! Come Early to hear our special presentations starting at 12:15pm	6 FREE Feeling Fit Exercise Class 9am Ballroom Dance 10:15 am La Rondalla Singing Group 12pm-2:30pm	7 La Rondalla Singing Group 9am-11am English Class 10am CASA SENIORS CLUB GATHERING 11:30AM-4:30PM	8 FREE Feeling Fit Class 9am Cards, Billiards, Ping Pong & Puzzles Day 10 am-4:30 pm Bunko Game@10am	9 Ballroom Dance Class 1pm Center Closed	10 TANGO CLASS & DANCE 4PM
11 12 Knitting Group 10:30am English Class 10am MAY FLOWERS DANCE with RIKACHA 1:00-3:00pm Tamale Sale at 11am. A Sweet Snack will be provided to celebrate May birthdays	12 Knitting Group 10:30am English Class 10am MAY FLOWERS DANCE with RIKACHA 1:00-3:00pm Tamale Sale at 11am. A Sweet Snack will be provided to celebrate May birthdays	13 FREE Feeling Fit Exercise Class 9am Ballroom Dance 10:15 am La Rondalla Singing Group 12pm-2:30pm	14 La Rondalla Singing Group 9am-11am English Class 10am CASA SENIORS CLUB GATHERING 11:30AM-4:30PM	15 FREE Feeling Fit Class 9am Cards, Billiards, Ping Pong & Puzzles Day 10 am-4:30 pm Bunko Game@10am	16 Ballroom Dance Class 1pm Center Closed	17 Center Closed/ Cerrado
18 Spearhead Filipino Seniors Gathering 10am-4pm	19 Knitting Group 10:30am English Class 10am Mother & Fathers Day Luncheon ! 12pm- Tickets Required to attend. Members get your ticket by the 15th.	20 FREE Feeling Fit Exercise Class 9am Ballroom Dance 10:15 am La Rondalla Singing Group 12pm-2:30pm	21 La Rondalla Singing Group 9am-11am English Class 10am CASA SENIORS DANCE DAY 1:00PM-3:00PM Music by JUAN ROBLES Kimball Out to Lunch today!	22 FREE Feeling Fit Class 9am Cards, Billiards, Ping Pong & Puzzles Day 10 am-4:30 pm Bunko Game@10am Senior Commodity Day 9am-11am Only	23 Ballroom Dance Class 1pm Center Closed	24 Operation Samahan/ SD Filipino Seniors Gathering 10am-3pm
25 26 LOSED FOR MEMORIAL DAY HOLIDAY 	26 LOSED FOR MEMORIAL DAY HOLIDAY 	27 FREE Feeling Fit Exercise Class 9am Ballroom Dance 10:15 am La Rondalla Singing Group 12pm-2:30pm	28 La Rondalla Singing Group 9am-11am English Class 10am CASA SENIORS CLUB GATHERING 11:30AM-4:30PM	29 FREE Feeling Fit Class 9am Cards, Billiards, Ping Pong & Puzzles Day 10 am-4:30 pm Bunko Game@10am	30 Ballroom Dance Class 1pm Center Closed	31 Center Closed/ Cerrado



Kimball Seniors Club

June/Junio 2014



SUNDAY DOMINGO	MONDAY/ LUNES	TUESDAY/ MARTES	WEDNESDAY/ MIERCOLES	THURSDAY/ JUEVES	FRIDAY/ VIERNES	SATURDAY/ SABADO
1	2 English Class 10am Knitting Group 10:30am <i>Presentation Today at 12:15pm</i> Membership Meeting at 1pm. Dessert for all members in present at the meeting! Bingo after our meeting.	3 FREE Feeling Fit Exercise Class 9am Ballroom Dance 10:15 am 11am T.O.P.S. Support Group	4 La Rondalla Singing Group 9:00am English Class 10am CASA SENIORS DANCE TODAY 1:00—3:00 PM	5 Cards, Billiards, Puzzle Partners & Dominoes Day 10 am-4:30 pm Bunko Game @10am	6 Ballroom Dance Class 1pm Center Closed/ Cerrado Fridays	7 Center Closed/ Cerrado
8	9 English Class 10am Knitting Group 10:30am Graduation Dance 1:00-3:00 pm Music by RIKACHA Tamales Sale 11 am until they run out . A sweet snack will be provided for June Birthdays!	10 FREE Feeling Fit Exercise Class 9am Ballroom Dance 10:15 am 11am T.O.P.S. Support Group	11 La Rondalla Singing Group 9:00am English Class 10am CASA SENIORS DANCE TODAY 1:00—3:00 PM	12 Cards, Billiards, Puzzle Partners & Dominoes Day 10 am-4:30 pm Bunko Game @10am	13 Ballroom Dance Class 1pm Center Closed/ Cerrado Fridays	14 TANGO CLASS & DANCE 4PM
15	16 Knitting Group 10:30am English Class 10am POTLUCK DAY "FRIED CHICKEN" @ 12pm. HORSE RACES today after the potluck !	17 Feeling Fit Exercise Class 9am Ballroom Dance 10:15 am 11am T.O.P.S. Support Group	18 La Rondalla Singing Group 9:00am English Class 10am CASA SENIORS DANCE DAY 1:00PM-3:00PM Music by RIKACHA	19 Cards, Billiards, Puzzle Partners & Dominoes Day 10 am-4:30 pm Bunko Game @10am	20 Ballroom Dance Class 1pm Center Closed/ Cerrado Fridays	21 Operation Samahan/ SD Filipino Seniors Gathering 10am-3pm
22 Spearhead Filipino Seniors Gathering 10am-4pm	23 Knitting Group 10:30am English Class 10am POTLUCK DAY "MAIN DISH THEME" @ 12pm. Bingo Today after the potluck	24 FREE Feeling Fit Exercise Class 9am Ballroom Dance 10:15 am 11am T.O.P.S. Support Group	25 La Rondalla Singing Group 9:00am CASA SENIORS CLUB GATHERING 11:30am-4:30pm	26 Cards, Games & Billiards Day 10am--4:30 pm Bunko Game @10am Senior Commodity Day 9am-11am Only	27 Ballroom Dance Class 1pm Center Closed/ Cerrado Fridays	28 Center Closed/ Cerrado
29	30 English Class 10am Knitting Group 10:30am EXTRA MONDAY DANCE DAY 1:00-3:00 pm Music by LUPILLO Tamales Sale 11 am until they run out .	HORSE RACES AT KIMBALL SENIOR CENTER -June 16th after our Potluck Lunch!				

**Seniors Helping Seniors
Spring Care Package Items
May & June 2014**

- Toothbrushes, Toothpaste or Mouthwash
- Baby Powder with corn starch
- Underarm Deodorant
- Body Lotion or Creams
- Body Sprays
- Hand Creams or Lotions
- Hand Sanitizers
- Individual Wrapped Pads (Panti-liners)
- Feminine Powders
- Blank or Themed Greeting Cards, Writing Stationery or assorted cards
- Handkerchiefs
- Lap Blankets
- Winter Caps
- Gloves & Mittens
- New Sweaters for Men & Women
- Men's Tank Tops
- Knitted or Sheer Scarf's and Shawls
- Women's & Men's Socks
- Slippers & Booties
- Denture Cleaners
- Shampoo and Conditioner
- Lip Balms
- Desitin Cream
- Q-tip, Cotton Balls, Baby Wipes and/or Gauze

FREE EXERCISE CLASS!

**Join us on Tuesdays & Thursdays
at the Kimball Senior Center
for a great Senior Exercise Class.**

FEELING FIT CLUB



**Feeling Fit
Exercise Class
9am-10am
Instructor: Russell Rowe**

Kimball Seniors Club Dances

Monday, May 12, 2014

1:00-3:00pm

MAY FLOWERS DANCE

Music by RIKACHA

Kimball Seniors Club members \$1.25 /

Guests \$3.00

***Come in your floral outfits!.**



Monday, June 9, 2014

1:00-3:00pm

GRADUATION DANCE

Music by RIKACHA

Kimball Seniors Club members \$1.25 /

Guests \$3.00

Monday, June 30, 2014

1:00-3:00pm

EXTRA MONDAY DANCE!

Music by LUPILLO

****NO DESSERT WILL BE SERVED
AT THIS DANCE. COFFEE & PUNCH
WILL BE PROVIDED****

**A dessert treat will be provided ONLY at the
May 12th and June 9th Dances.**

No dessert on June 30th dance.

****Tamales will be sold at these
dances starting at 11am until quantities run out.**

FREE! Blood Pressure Check



Free blood pressure checks will be administered every month at the following locations/

Cheques de la Presión gratuitos se administrará cada mes en las siguientes ubicaciones :

National City George Waters Nutrition Center
1415 "D" Avenue, National City 336-6750

2nd Thursday from 11:00am- 12:30pm

National City Kimball Senior Center
1221 "D" Avenue, National City 336-6760

4th Thursday from 9:00am-11:00am

JUNE POTLUCK & HORSE RACES DAY

Monday, June 16th

Lunch begins at 12:00pm

Sign up to attend starting Monday, June 2nd.

Every member in attendance brings a dish to share with at least (6) six people.

Couples must bring two dishes/
Please No Canned Goods or Potato Chips

SUGGESTED DISHES TO BRING THIS DAY:

Mashed Potatoes & Gravy, Buttered Corn, Mixed Vegies, Potato Salad, Macaroni Salad, Rice or Green Salad.



HORSE RACES
TODAY

after the potluck!

First race to begin at
1:30pm.



Come try something new !



KIMBALL SENIORS CLUB

Mothers & Fathers Day Catered Luncheon Monday May 19th at 12:00pm



***Reservations required for this event* Price \$5.00**

Purchase your ticket beginning Monday, May 5th after the Membership Meeting

***No tickets will be sold at the door-please no walk ins ***

****Due to limited space at our center,
this event is open only to current
members of the Kimball Seniors Club.***

"In Appreciation to Our Members"